

Is Your Blood Starving For Want of Iron?

Iron is Red-Blood Food—Nuxated Iron Helps Put Red Blood Into the Circulation of Women and Strength and Energy Into the Veins of Men.

If you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally starve for want of iron—iron that gives it strength and power to change food into living tissue, muscle and brain. Without plenty of iron in the blood, no matter how much or what you eat, your food simply passes through you without doing you any good—you don't get the strength out of it and instead of being filled with youthful strength and energy you are weak, nervous and all run-down. If you are not strong or well you owe it to yourself to make the following test: See how long you can walk or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks, then test your strength again and see how much you have gained. Numbers of nervous, run-down people who were ailing all the while have most astonishingly increased their strength and endurance simply by taking iron in the proper form. But don't take the old kinds of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like Nuxated Iron if you want it to do you any good, otherwise it may prove worse than useless. You can procure Nuxated Iron from your druggist on an absolute guarantee of satisfaction or your money will be refunded.

Sold in this city by Crystal Pharmacy, Balkcom Drug Co., D'Alemerte's Pharmacy.

Mothers!

Watch the tongue of your young! Clean the clogged-up places! Bring joy to little faces! Kidneys will eat and smile, When you do away with bile. Careful mothers o'er the land Always keep Cascarets at hand. Children think them dandy—They are mild cathartic candy. Cascarets sell for a dime; They "work" every time.



When a child has a coated tongue, tainted breath or is bilious, emaciated, feverish, or full of cold, give Cascarets. Children gladly take this harmless candy cathartic which thoroughly cleanses their little stomachs, livers and bowels without griping. Each 10 cent box of Cascarets contain directions for doses for children aged one year and upwards.

SAVING STAMP PRIZE ARRIVES IN PENSACOLA

The Archibald War Savings Stamp prize, awarded the J. B. Loeckey school for winning first place in the contest among school pupils of the state in selling baby bonds, arrived here yesterday. Postmaster H. S. Hancock received \$125 worth of baby bonds, which are held for the principal of the school who will register them in the name of the school.

State officials who were interested in the contest, point with considerable pride to the achievement of the Loeckey school. Mr. Hancock says. He said Jacksonville people expressed the opinion that Pensacola schools deserved much credit for the showing they made in the contest.

MR. FAMILY MAN:

Why Spend So Much Money on Shoes?

Here is what Tracy Munson of Joplin, Missouri, says of Neolin Soles: "Judging from my own experience, they wear four times longer than other soles and have the additional advantage of being waterproof and slip-proof."

Why continue to wear extravagant old-fashioned soles when you can get these money-saving, long-wearing soles on new shoes in any style you like for any member of the family? Good shoe stores everywhere carry them.

And don't throw away your old shoes. Have them re-bottomed with Neolin Soles and enjoy the comfort of a re-soled shoe which is not stiff or clumsy. Neolin Soles are a discovery of Science, and are made by The Goodyear Tire & Rubber Co., Akron, Ohio, who also make Wingfoot Heels—guaranteed to outwear all other heels.

Neolin Soles

Notice!

Our place of business has now opened for business after being closed several days on account of sickness.

J. E. DUBUISSON & BRO.

Chinese Soldiers in Bolshevik Army



Company of Chinese soldiers in Soviet Russia's red army. At times last year the fighting in western Siberia was a Chinese free-for-all with battalions of yellow troops in use by the Russian Bolsheviks against all outsiders, by General Semenov and Admiral Koltchak against the Bolsheviks, and by General Semenov and Admiral Koltchak against each other in their contest for dictatorship powers in the western fighting zone. The picture was brought to America by N. E. A. Staff Correspondent Carl Sandburg on his return from northern Europe.

Kidney Remedy for 40 Years A Pronounced Success

When kidney diseases have been successfully treated for a period of more than forty years, it is reasonable to assume that the remedy therefore must possess unusual merit. Such is the remarkable record of Warner's Safe Kidney and Liver Remedy. Without its ability to give relief and benefit its users so that they would continue its use, it could not have existed 40 months, much less than 40 years of its enviable record. Many letters have come to us to prove that it has been a household remedy for years and years. Here is what one grateful woman has recently written:

"I wish to say that your remedies have been used in our family for fifteen years. We are never without a bottle of Warner's Safe Kidney and Liver Remedy in our home, and it has saved many a doctor's bill. It is a

wonderful medicine for all diseases of the kidneys and liver." (Signed) Florence E. Schmidt, R. F. D. No. 1, Dunkirk, Ohio.

For the elimination of poisons due to impaired kidney action, Warner's Safe Kidney Remedy was famous for 25 years before this woman so judiciously began its effective use. There are thousands of people who realize that their general health depends upon their kidneys and have found Warner's Safe Kidney and Liver Remedy a reliable family medicine. Forty years ago it was named "Safe" because it is SAFE absolutely; equalizing the work of both the kidneys and liver. Satisfactory results are obtained in the most severe cases, and it is sold by druggists everywhere. A sample sent on receipt of ten cents. Warner's Safe Kidney and Liver Remedy Co., Dept. 352, Rochester, N. Y.—adv.

W. C. C. S. WORK WILL CONTINUE HERE IN FUTURE

"The General War Camp Community Service program will continue for at least eighteen months in many centers! In others, a year will be required to meet the increasing calls for Community Service for men in camps and those in process of demobilization and reabsorption into community life," said Howard S. Branch, Secretary of War Camp Community Service at the National Headquarters, 1 Madison Avenue, New York City. "The War Department" he continued "has asked War Camp Community Service to increase its efforts in behalf of soldiers, sailors and marines on leave in the various cities. In order to furnish this service and to supply such additional service as each community will require to meet its own needs, the local War Camp Community Service committees and representatives have been asked to promote vigorously a program of service for the homecoming and demobilized soldiers, sailors and marines. This program should consist of:

"1st. Welcome Home Activities—Returning groups of service men and the individual service man should be made to feel the welcome of the community. Concrete suggestions for welcoming soldiers have been sent to community organizers in the form of bulletins from time to time.

"2nd. Re-employment.—There is an almost unlimited field for War Camp Community Service in helping to obtain jobs returning service men. This work is being done in cooperation with and at the request of the United States Employment Service.

"3rd. Absorption of returned service men into the social and civic life of the community."

"Through War Camp Community Service agencies, literally tens of thousands of men and women in hundreds of American communities have been trained in social service. These men and women have organized community hospitality, and have coordinated their home towns, home towns for every soldier and sailor who might sojourn there. As a result War Camp Community Service volunteers have had a new vision as to the reach and sweep of disinterested community effort. They have realized that the work they have done for our enlisted

men is a work that is well worth doing for their own people as a part of a permanent definite local program.

"Not only are the volunteers who have organized community hospitality for the purpose of ministering to the needs of our enlisted men anxious to go forward, but the soldiers and sailors themselves find in the ideals and activities of War Camp Community Service a definite call to continued service. Hundreds of enlisted men have already made known their intention of becoming Community Service missionaries when they return to the home folks.

"Recruited from the great industrial army, the soldiers and the sailors will upon demobilization, return to that army. The industrial field, therefore, the centers in which industrial workers dwell, become inviting fields for community endeavor—fields in which the soldier who has received the benefits of War Camp Community Service and the volunteers who have aided in providing those benefits can join their efforts.

"War Camp Community Service must, of course, continue as now projected until our army and navy have been reduced to a permanent peace basis. When that time comes, however, the needs of the members of regular military establishments cannot be overlooked. The communities that have had a welcome for the soldiers and sailor in times of war cannot and will not turn away from the soldier and sailor in times of peace. In that direction, War Camp Community Service assuredly has a long and important work to do."

To Cure Habitual Constipation Take "LAX-FOS WITH PEPSIN" for two or three weeks. A Liquid Tonic Laxative. Pleasant to Take. 50c. It Regulates.

CITY ORDINANCE ABOUT CHICKENS VIOLATED, CLAIM

Charged with a violation of the city ordinance forbidding chickens to run at large, Mrs. Dave Harrison was discharged in the city court yesterday, after she had proved that she was not owner of the fowls in question. The prosecuting witness was Mrs. Len LeBaron.

Immediately upon the discharge of Mrs. Harrison, Mrs. LeBaron swore out another complaint, charging Mr. Harrison with ownership of the chickens, and asked his arrest. Mr. Harrison had admitted to owning the chickens, when questioned in court. Harrison was released upon his own recognizance after arrest. This is the first violation of the new ordinance which has been reported to the police.

NAVY PUGILISTS DO WELL AT BIG ARMY FIGHT-FEST

Pugilists from the Naval Air Station acquitted themselves with honor at the recently staged smoker and fights at Camp Shelby, Miss. R. J. Huband and C. T. Powers who represented the station, and the contingent from Pensacola were given a royal reception at the Army Post.

Huband was given a decision over his man after three two minute rounds, during which he had his opponent at his mercy from the sound of the gong until time put an end to the mill.

Powers boxed a clean exhibition with a soldier consisting of four two minute rounds, and showed the dough boys at Camp Shelby that he knew some of the finer points of the game by his fast and aggressive method of fighting. It is proposed that a number of matches be arranged in return but as yet nothing definite has been decided.

PLUMBERS OFFER AID TO FURNISH CITY'S HOUSING

Local Union No. 728, Plumbers and Steamfitters lodge, has offered the services of the organization to the city, in solving the serious housing problem which confronts Pensacola. Members of the crafts and others, they state they are suffering because they can find no place to live and they hope for an early remedy.

HALLMARK TRANSFER CO.
Cor. Tarragona and Garden
Heavy and Freight Hauling.
Trunks and Baggage.
Phone 247.

Announcenemt

We wish to advise the public that the ownership of The Royal Shoe Shop, this day passes into the hands of Mr. G. S. Roberts, the former manager. Mr. H. H. D'Alemerte and Mr. H. J. Quina having disposed of their interests to the above named party.

Royal Shoe Shop
PROMPTNESS OUR PRIDE

32 S. Palafox Street.

Phone 760

BLUE TRIANGLE DRIVE SCHEDULED TO START TODAY

Pensacola women will inaugurate today the blue triangle investment campaign of 1919 to raise a \$5,000 quota for extension work of the Y. W. C. A. and the Patriotic League, and looking to the establishment of a new home for business girls of the community.

Plans for the drive were completed yesterday afternoon, when committee heads met at the Patriotic League rooms and planned the street and house-to-house solicitations. The downtown section will be filled today with interested women who will establish booths, both for the securing of funds, and for the distribution of literature which tells how great is the need for work among young women here.

Every section of Pensacola will have its leader while the drive is on and daily luncheons will be served at one o'clock to the workers at the league rooms. For the northeast section Mrs. C. D. Beyer and Mrs. Lee McDougal are in charge; in the northwest, Mrs. J. Walter Kehoe and Miss Rowena Marsh; East Pensacola Heights, Miss Margaret Ray; southeast, Mrs. J. C. Ketter, Mrs. W. K. Hyer; southwest, Mrs. W. M. McIlwaine, Mrs. H. S. Merwin and Mrs. J. C. Clark are on the luncheon committee.

The drive will begin promptly at ten o'clock this morning. Mrs. J. H. Collins, Mrs. Lee McDougal, Mrs. A. C. Keller, Mrs. McIlwaine, Mrs. J. Walter Kehoe, Miss Rowena Marsh, Mrs. C. D. Beyer, Mrs. W. K. Hyer and Mrs. George Wentworth have given their automobiles for use in the campaign.

WOMAN SENTENCED TO SIX MONTHS IN FEDERAL PRISON

Georgia Bell was sentenced to six months in the federal prison at Miami, Okla., yesterday, when she was arraigned before Judge W. B. Sheppard in the U. S. district court.

She was charged with a violation of section 13 of the draft act.

George Brown, colored, who was arrested in the same federal raid, and who faced a charge of procuring, was released on a fine of \$25 and costs, with a promise of good behavior in the future. This was freely given.

Helen White, arraigned on a violation of section 13 charge, was given her freedom, upon her promise to Judge Sheppard to return to her home in Florida and to change her mode of living.

WATSON, PARKER & REESE CO. Everything to Wear

Bargain News from Pensacola's Great Store that will interest you.

SPECIAL!
75c and 85c Blanket Cloth and Elderdown for bath robes, kimonos, baby blankets, etc., yd. **50c**

SPECIAL!
50c Kimono Cloth, fancy patterns and colors, for kimonos, and children's wear. **35c**

SPECIAL!
1,500 yards newest Spring Percales, light and dark patterns, ensign brand. **35c**

SPECIAL!
Women's \$1.75 to \$3.50 Kid Gloves, white, black, colors, odd lots and broken sizes at **75c**

NEW ARRIVALS!
In Toilet Goods Dept.—Honey and Almond Cream, etc.—Pencils, Tooth Paste 50c—Kolyons Tooth Paste 50c—Woodbury's Facial Soap **25c**

SPECIAL!
40c Flannelette, striped patterns, for men's and boys' shirts, blouse, and for women's and children's wear. **25c**

SPECIAL!
Boys' Pants in all shades, popular stripes, all sizes, priced to \$4.00 at **\$2.99**

SPECIAL!
Regular 35c Gold Coin Domestic, 36 1/2 inches wide, yard **22c**

SPECIAL!
Children's Hats plush, velvet, corduroy, felt, fancy materials, all winter styles at **95c**

NEW OXFORDS
Women's newest spring styles, glossy brown kid, flexible sole, military heel, tailor made finish **9 50**

Oh, yes! Find out the size of your husband's pants, and get him a pair at this sale.

PAN AMERICAN COLLEGE NOTES.

Mr. Beatty, the Manager, will return the latter part of the week from Miami where he has been working for some time in connection with the Pan American College there.

Miss Crook, Miss Owens, Miss Conroy and Mr. Kellogg passed their first test in shorthand.

Those who passed the spelling test last week were Mrs. Stewart, Miss McGaskill, Mrs. Bell, Miss Walker, Miss Whiddon, Miss Peters, Miss Grosskopf, Miss Burrows, Miss McIntosh, Miss Radford, Miss W. Walker, Miss Williams, Mr. Pfeiffer, Miss Morrison, Miss Crook, Miss Taranto, Miss Milton, Miss Goetz, Mrs. Burmeister, Miss Salmons, Miss L. Hardee, Miss Pepper and Miss Jernigan.

Miss Sharrit, Miss Johnson, Miss Bazzell, Miss Jernigan, Mr. Pfeiffer, Miss Turnquist, Miss Garfield, Mr. John Chalker, Miss Elsie Radford and T. Chalker passed the second shorthand test.

Mrs. Beatty, the assistant manager, spent the week-end in New Orleans on a combined business and pleasure trip.

The following have passed their first seventy-five word test in shorthand: Miss Mildred Walker, Miss Vernie Williams, Miss Ella Johnson, Miss Bennie Whiddon, and Miss Burrows.

Miss Enne Turnquist and Miss Humphreys entered during the week to review their stenography; also Miss Ruth Cleveland and Mr. Chas. Smart entered to take up the Stenographic course, and Chief Davis.

What Happens to the food you eat?

During digestion certain kinds of food containing proteins, such as meat, egg white, milk casein, wheat gluten, etc., are split into many different substances.

Some of these the body uses to rebuild damaged or dead tissues; some, however, are not only useless and harmful but in some cases actually poisonous. Regular, thorough bowel evacuation gets rid of the latter.

Constipation permits stagnation and absorption of these poisons into the blood, with injury to the whole body.

Taking castor oil, pills, salts, mineral waters, etc., in order to force the bowels to move does not—cannot cure constipation—but makes it worse.

On the other hand Nujol overcomes constipation and brings about the habit of easy, thorough bowel evacuation at regular intervals, because Nujol is not a drug, does not act like any drug.

Nujol brings about a return to Nature's methods of supplying necessary lubrication of the bowel contents, by facilitating intestinal muscular action, by absorbing poisonous matter, and thus securing necessary cleansing of the intestinal canal and protection of the defensive properties of the blood itself.

Nujol has no deleterious after effects, produces no bad habits, makes the bowels regular as clockwork.

Nujol is efficient at any time—under any conditions—is satisfactory and safe.

How and Why Nujol overcomes constipation is described in an interesting and authoritative booklet, "Thirty Feet of Danger" free on request. Send for it and get a bottle of Nujol from your druggist today.

Nujol Laboratories

STANDARD OIL CO. (NEW JERSEY)
10 Broadway, New York

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All druggists in U. S. and Canada. Insist on Nujol. You may suffer from substitutes.



TO YOU Men Women 20 Years Successful Practice

WHAT I SAY I'LL DO, I WILL DO!

MEN—My special treatments for Diseases of Men, both acute and chronic, perfect lasting cures. I have treated thousands of men throughout the country. I do not patch up temporarily, but my cures are lasting. A slight trouble now may develop later to be serious. You may profit by seeing me now.

WOMEN—I successfully cure diseases of women without operation by my scientific methods. They rapidly improve from the beginning and when once cured are lasting cures. Remember no operation. I make a specialty of treating all diseases of the Rectum, Kidney, Bladder, Prostrate Gland, Pelvis or Sexual organs of men or women. I successfully treat Specific Blood poison and all private diseases of men and women; also Nervousness, Weakness of Body or Brain, Loss of Energy, Organic Weakness, Female Troubles, including Menstrual Irregularities and Weakening Discharges. I accept only curable cases.

Hours, 9 to 6. Wednesday and Saturday evenings 7 to 8 also Sundays, 9 to 1. 19 years practical experience. Graduate in medicine of leading colleges and licensed to practice in Florida and many other states. Consultation free. Phone 706.

DR. LIVINGSTONE, The Specialist.

SECOND FLOOR, MASONIC TEMPLE.

PENSACOLA, FLA.